

## **Abstract**

### **Title:**

Draft of conception of sport preparation in football in age group U6

### **Objectives:**

The main aim is to create a model of sport preparation for children in football for a one year.  
This model is done for 5 - 6 years old kids.

### **Methods:**

For creation of this model has been used a method of utilitarian collecting of quality datas.  
There has been also used my own experiences and a experiences of experts for this issues.

### **Results:**

The reasult is a proposition of model of sport preparation for 5 - 6 years old football players.

### **Key words:**

soccer, sport preparation, preschool age, specific preparation, one year training cycle.